

ABSTRACT

A carbon heating element having an arbitrary specific resistance and an arbitrary shape which are arbitrary necessary as a heating element, and a method of producing the same. The carbon heating element is obtained by uniformly dispersing one or at least two metal or metalloid compounds into a composition having shapability and showing a high yield of a carbon residue after firing, shaping the dispersed material-containing mixture thus obtained, and firing the shaped material under a nonoxidizing atmosphere.